



ATTENTION: J-1 BIKE RELATED INJURIES AND DEATHS

We are writing to stress the importance of bike safety. It could save your life. We are saddened to report that throughout 2016, one hundred (100) bicycle accidents were reported - two resulted in death.

- A J-1 SWT participant died after being struck by a vehicle while bicycling along a busy coastal roadway.
- A J-1 SWT participant was critically injured and nearly killed after being struck by a car while crossing the street at night on her bike. She sustained a severe skull fracture and underwent multiple surgeries. Fortunately, she survived.

As the peak of the summer season is here and an increasing number of J-1s are walking and biking on the roads, we want to remind you of some important tips to prevent further incidents.

Bike Safety Reminders

1 Watch Out for Cars

Remember, not all drivers are paying attention, so be alert and aware of your surroundings at all times.

2 Minimize Nighttime Biking

Serious crashes happen at night. These crashes often involve higher car speeds and make up about 25% of all fatal car/bike collisions.

3 Be Visible at Night

Use front and rear bike lights, including a white headlight on the front of your bike, and a red taillight and red reflector on the back of your bike. In addition, wear reflective and brightly colored clothing, or flashing lights.

4 Wear a Helmet

Helmets reduce potential injury from a fall or collision.

5 Seek Alternate Routes

Instead of riding your bike home at night, ask a friend or co-worker to drive you home.

6 Use Bike Paths or Sidewalks

Use dedicated bicycle paths that allow cyclist to ride their bike in a safe environment.

7 Cross the Road With Care

When you dismount and walk alongside your bicycle, you are considered a pedestrian. If there are no sidewalks, walk facing traffic as far to the left as possible. Whenever possible, cross the street at a designated crosswalk or intersection. Avoid walking along highways or other roadways where pedestrians are prohibited.

Contact Your Sponsor

Your sponsors are here to help. Please don't hesitate to reach out to them if you are unsure how to find a safer route home. They can also connect you with a local official to help you plan a safer commute.